





































































MONDAY 11 <sup>th</sup> MAY		TUESDAY 12 <sup>th</sup> MAY		WEDNESDAY 13 <sup>th</sup> MAY		THURSDAY 14 <sup>th</sup> MAY	
7.00	<b>TAI CHI</b> Yoga Pavilion	<b>ENERGY AWAKENING</b>  Yoga Pavilion	<b>TAI CHI</b> Yoga Pavilion	<b>MIIT</b>  Dance Studio			
8.00	<b>HATHA YOGA</b> Yoga Pavilion	<b>GENTLE YOGA</b> Yoga Pavilion	<b>VINYASA YOGA</b> Yoga Pavilion	<b>HATHA YOGA</b> Yoga Pavilion			
8.00		<b>SIX HEALING SOUNDS PRACTICE</b> with Jang Kanlayanee Sound Therapy room (Spa Cpl room no.10)   		<b>BREATHE INTO BALANCE</b> with Brad Reed Dance Studio   			
9.00	<b>STRETCHING</b>   Yoga Pavilion	<b>STRETCHING</b>   Yoga Pavilion	<b>STRETCHING</b>   Yoga Pavilion	<b>STRETCHING</b>   Yoga Pavilion			
10.00	<b>PILATES MAT</b> Dance Studio	<b>INTERVAL CYCLING</b>    Dance Studio	<b>YBELL ESSENTIAL</b>    Dance Studio	<b>PILATES MAT</b> Dance Studio			
10.00	<b>MU – I TAI CHI</b> with Brad Reed    Yoga Pavilion	<b>OSTEOPATHIC HEALING FOR MAINTENANCE AND PREVENTION</b> with Rachel Ellery Multi-function room   					
11.00	<b>AQUA NOODLE</b>   Bathing Pavilion	<b>AQUA HAND BUOYS</b>   Bathing Pavilion	<b>AQUA BOX</b>   Bathing Pavilion	<b>AQUA NOODLE</b>   Bathing Pavilion			
14.00		<b>PILATES REFORMER</b> Pilates Studio 2,000++ THB per person   		<b>TRAUMA BREATHING REGULATION</b> with Rachel Ellery Dance Studio   			
14.00		<b>SISAL BAG PAINTING</b>   Library		<b>FAN PAINTING</b>   Library			
15.00	<b>LMT</b>    Dance Studio	<b>FLUID X</b>    Dance Studio	<b>BALLAST BALL</b>    Dance Studio	<b>STICK MOBILITY</b>   Dance Studio			
16.00	<b>TONING BALL</b>   Dance Studio	<b>INNER CORE EXERCISE</b>   Dance Studio	<b>LUMBOPELVIC RHYTHM CLASS</b>   Dance Studio	<b>BETTER SLEEP CLASS</b>   Dance Studio			
17.00	<b>PRANAYAMA</b>  Dance Studio	<b>HIP OPENING YOGA</b> Dance Studio	<b>MYO COMPRESSION</b>   Dance Studio	<b>EVENING STRETCH</b> Dance Studio			



Sports shoes required



Book at Health &amp; Wellness Reception (Ext.3.) in advance of class



Limited Number of participants



Intermediate level



Additional charges apply



Moderate to Fluent English Required

	FRIDAY 15 <sup>th</sup> MAY	SATURDAY 16 <sup>th</sup> MAY	SUNDAY 17 <sup>th</sup> MAY
7.00	<b>BARBELL FUSION</b> Dance Studio ★ 👤 🧘	<b>BOOT CAMP</b> In front of Bathing Pavilion 🏋️ 🧘	<b>TAI CHI</b> Yoga Pavilion
8.00	<b>GENTLE YOGA</b> Yoga Pavilion	<b>SIVANANDA YOGA</b> Yoga Pavilion	<b>VINYASA YOGA</b> Yoga Pavilion
9.00	<b>STRETCHING</b> Yoga Pavilion ★ 👤	<b>STRETCHING</b> Yoga Pavilion ★ 👤	<b>STRETCHING</b> Yoga Pavilion ★ 👤
10.00	<b>INTERVAL CYCLING</b> Dance Studio ★ 👤 🏋️ 🧘	<b>YBELL ESSENTIAL</b> Dance Studio 🏋️ 🧘	<b>METAFIT</b> Dance Studio 🏋️ 🧘
10.00	<b>SOUND BATH THE SYMPHONY OF INNER HARMONY</b> with Jang Kanlayanee Sound Therapy room (Spa Cpl room no.10) ★ 👤 EN	<b>WARRIOR FLOW – ENERGY &amp; INNER STRENGTH</b> with Brad Reed Yoga Pavilion ★ 👤 EN	
11.00	<b>AQUA HAND BUOYS</b> Bathing Pavilion ★ 👤	<b>AQUA BOX</b> Bathing Pavilion ★ 👤	<b>AQUA NOODLE</b> Bathing Pavilion ★ 👤
14.00	<b>BRIDGING GENERATIONS</b> with Theelon KuruSattrra, FWS Multi-function room ★ 👤 EN	<b>WHAT ARE CHAKRA MUDRAS AND SOUND HEALING</b> with Jang Kanlayanee Multi-function room ★ 👤 EN	
14.00		<b>PILATES REFORMER</b> Pilates Studio ★ 👤 \$ 2,000++ THB per person	
14.00		<b>SEASHELL MOBILE CRAFT</b> Library ★ 👤	
15.00	<b>MINI BAND</b> Dance Studio ★ 👤 🧘	<b>HIP OPENING YOGA</b> Dance Studio 🏋️ 🧘	<b>FREE FORM</b> Dance Studio ★ 👤 🧘
16.00	<b>NEURODYNAMIC EXERCISE</b> Dance Studio ★ 👤	<b>GYROKINESIS</b> Dance Studio ★ 👤	<b>NEUROMUSCULAR EXERCISE</b> Dance Studio ★ 👤 🏋️
17.00	<b>MANTRA MEDITATION</b> Dance Studio EN	<b>ABS, BUTTOCKS &amp; THIGHS</b> Dance Studio	<b>YOGA – NIDRA (MEDITATION)</b> Dance Studio EN

11<sup>th</sup> – 17<sup>th</sup> May 2026

CLASS & ACTIVITIES SCHEDULE



Some classes incur an additional charge-please reserve a place with the Health & Wellness Reception (Ext. 3).

Please shower before taking part in water activities; tie up long hair or use a bathing cap. Class instructors may change without prior notice.

No-shows or cancellations with less than 3 hours advance notice will incur a 50% cancellation fee.

	Taste of Siam
<b>BREAKFAST</b>	07:00 - 10:30
<b>LUNCH</b>	12:00 - 14:30
<b>DINNER</b>	18:00 - 21:00